

# Men’s Blog and Online Magazine

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## Mens Health Questions and Answers

Posted by [admin](#) on June 8, 2010

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**What is the best shampoo for fatty mane that won’t basis build up?**  
I’m a guy, don’t know if that make a difference or not. Head & Shoulders is fitting for slimy quill.

**My fiancé have one nut that’s comparatively larger than the other and it sags more.?**  
Sorry more or less TMI! It only concerns me because i want children beside this man. Does anyone know if it is majority, should we hold anything to verbs around? Please relieve me if you own an answer! =] its not...

### I cogitate I enjoy a mental problem?

You see, since I met this guy, he’s been recounting me about sex–this be about 4th Grade, and I’m within 7th now. He have asked m [Read more...](#)

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## The Price of Being Sick – Prevention is the Key to Lowering Health Care Costs

Posted by [admin](#) on June 6, 2010

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Obesity is a growing problem in our country and it seems that the smarter we get and the more technological and scientific advances we make, the worse the problem becomes. This doesn’t make a lot of sense, does it?

What is being done to prevent obesity? Clearly not enough. More than 65% of Americans are now considered overweight or obese. Many diseases that are leading killers in our society are preventable. That is correct. I am talking about diseases such as heart disease, diabetes, and even certain types of cancer. The medical community has

convinced the general public that treatments for these diseases are readily available instead of focusing on the prevention of them. Why? Because these tre [Read more...](#)

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## Mens Health Fitness and Tips

Posted by [admin](#) on May 23, 2010

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While the life-expectancy gap between men and women has decreased, it’s no secret that men still need to pay more attention to their bodies. Several things work against men. More than 50 percent of American men and women do not get enough physical activity to provide health benefits. Men’s Health Network (MHN) is a non-profit educational organization comprised of physicians, researchers, public health workers, individuals and other health professionals. Understanding the health risks for men is a crucial part in maintaining

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a healthy life. Mens are smoke and drink more than women, and generally lead less healthy lifestyles. What you eat and drink and what you don't eat and drink can definitely make a difference to your he [Read more...](#)

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## Reduce Stomach Fat for Improved Health & Beauty

Posted by [admin](#) on May 22, 2010

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Women more so than men concentrate a great deal of effort on their looks. As a woman it is a part of our make up to focus on our appearance and try to put forward our most impressive displays of beauty in any occasion or gathering. However there are a large majority of us who have problems in the area of looks that relate to excess weight. This issue affects women of all ages but does tend to increase as we age. Middle age is often a period in a woman's life where the excess weight she is carrying becomes a real emotional issue as well as a physical or health one.

Not all of our efforts are spent on showing the image we want to others, but also so that we ourselves have a higher belief in our own self worth. Nobo [Read more...](#)

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## Mens Health Q&A

Posted by [admin](#) on April 5, 2010

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**Guys: if a woman tell u she think you're handsome, would you be flattered?**

Or would you think she's wise saying you're a pretty boy or feminine or something? I think it money that she thinks you're really attractive and she's really into how you look, but I want guys' opinion. Yes. Beauty...

**Penis size?**

until wat age our penis grow??and become bigger From 14 to 18 it grew 3 inches. From 5 1/2 to 8 1/2 inches and get TRUE gelatinous.

**Tips on growing taller?**

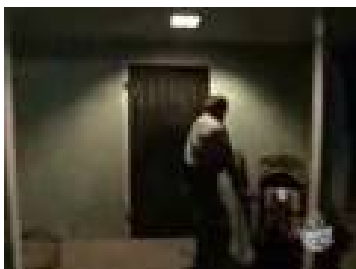
Yea, im age 15 5ft 3 end time i checked and am shorter than my friends.(and 2 of them are younger than me wtf) Are their any tips on growing taller?Even my shorter friends are ca [Read more...](#)

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## Training Resulting in Improving Women Health and Fitness

Posted by [admin](#) on March 29, 2010

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Health and fitness is gaining importance among the people as they are developing awareness about the adverse effects of not taking care of their body properly. Despite this growing awareness, many people still ignore the importance of taking care of their body. The two most common problems faced by people are of weight gain due to fat deposits, and failing health due to malnutrition.

The problem of weight gain due to fat accumulation is particularly common among women in their middle ages. The main reason is that they do not take care of this problem in their youth, and thus have to suffer the consequences at a later

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stage. Most people are careless about their health in their early ages and do not really [Read more...](#)

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